


Daily Word



NOVEMBER 1954

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Prayer Is Life

JAMES DILLET FREEMAN

I HAVE made many kinds of prayer, almost wordless prayers of spiritual anguish and formal prayers learned by rote. On waking in the morning I have prayed, and in the evening as I have fallen asleep, and at special times I have set aside by day. I have joined in prayer with others, said grace at meals, recited psalms in church. Waking at night, I have prayed alone. In my times of deepest need I have prayed, and I have prayed when I had no need except to feel at one with God—though this may be the deepest need of all.

Prayer has meant so much to me that I have wondered how those who do not pray are sometimes able to survive. What do they do when there is nothing they can do?

Prayer is survival power. Though the night may come down dark around and the faith with which

we face the night seem small, perhaps no faith at all; yet, if we pray, always some spark leaps up through the tinder of our hearts, a little light to show us our way. Prayer is life.

Prayer is a reaching, and every act of prayer stretches the soul. Prayer is spiritual exercise, and we have never uttered a single prayer without having enlarged our spiritual capacity.

There are many ways to pray, as there are many ways to God. The way of the bird is not the way of the fish. The way of the babe is not the way of the man. The way of the beginner is not the way of the master. Yet there is no atom of creation that does not have access to God. Each soul finds its way to Him at the level of its own experience.

For some, prayer is thought; and for some, it is feelings too inarticulate for thoughts to express. Communion with nature may be prayer, or the enjoyment of art and poetry and music. An act of kindness may be a prayer, a smile, a friendly hand. Work is often a prayer, for work is an affirmation of creative power. Praise is a kind of prayer. So is zeal. There is the prayer that is the distillation of a moment, passionate and intense; and the prayer that is the whole life of a man, the living prayer of what one is.

There is a prayer that is words, and a prayer

that is silence. To rise, the eagle sometimes has to drive with all its pinioned power; and sometimes, launching itself on an updraft of air, it has only to spread its wings and float serene in order to be borne aloft.

Sometimes when I pray I pray aloud. To control my thinking, I must often phrase my thoughts in words and speak the words aloud or even write them down. My thoughts may be likened to horses, milling in my mind, racing this way and that; but words put a bridle on them and enable me to direct them. So I often have to affirm words of Truth over and over in order to direct my thought Godward.

Yet, sometimes when I pray I do not need to speak any word at all. I merely need to turn my thought to God, and the thought of God floods my mind. I merely need to give myself to God, and God gives Himself to me.

Much of prayer is speaking, yet much of it is listening. And the speaking we do in prayer is important, but the listening is even more important. For it is as we listen that God speaks. And it is when we are still that God acts. It is in the silence that the word of God is uttered and the work of God is done.

Some wonder how they will recognize the word of God. I know only that when God speaks it is

in a language you will understand. If it is words, it will be words you know. If it is feelings, you will understand them, too. For feeling is the unforgotten language of the heart; you could speak it before you learned words, the language of the mind.

There is a prayer that asks for things and a prayer that asks for thoughts, and there is a prayer that asks for nothing but gives all. I have prayed for many things. I have cried aloud for help; I have wheedled and bargained and demanded—but what have I ever really prayed for except to know that I am a child of God? I have seen the beautiful bird of Truth fly overhead and would hold him in my heart.

I would know God and understand my relation to Him, and I would know Him and know myself, not with an intellectual knowing, but in every fiber of my mind and heart. And this is why I pray.

For this is a knowing that does not come from study, but only from prayer. There are many kinds of knowing. Sometimes the mind studies life as it studies a book; it skims over the surface and absorbs not life, but words, which it calls life.

It is one thing to read a book on aerodynamics; it is another thing to fly. As a bird knows flight by flying, I would know life by living. And I

would know God, not as a word, but as a living presence in my life.

I am the green plant of God, and I would know Him as the leaves of a tree know sunlight. I would absorb Him and be absorbed in Him. I would make His substance mine and His life mine, so that I can make my life and substance His. I would use Him to be used by Him.

This is why I pray.

Many times when I have prayed for things I have not got what I prayed for, yet I feel that I have never prayed in vain.

Perhaps things have not changed as I have wished them to change, but always I have changed. Always some change is wrought by prayer, sometimes in the fabric of things, always in the fabric of self.

Then, too, I have a sense that my life is more than I have power to see or foresee.

Columbus was disappointed in his search for the Indies—and discovered a new world! I, too, have been disappointed in this or that—and have discovered new worlds. My own self is such a world. God is such a world.

Prayer is a journey we make into ourselves, a journey we make toward God. We think of ourselves as islands, but we are truly mainlands. Beyond the cape of self lies a continent of being. It

is not to our changing mortal self that we must look to understand our meaning and our destiny, but to this larger selflessness that lies beyond. "For this corruptible must put on incorruption, and this mortal must put on immortality."

The highest prayer is not the one that asks for things, but the one that seeks a sense of God and our relation to Him, a sense of our abiding in the hands of God, in the love of God.

The prayer that is answered is the prayer of the whole man. What our whole being demands—this is what we always receive from life; it may or may not be what we cry out for in a moment of pain or desire.

This is why prayer often works in great needs more readily than in trivial ones. A great need focuses the whole man, whets him, as it were, to a razor edge of faith that nothing can resist.

Prayer is the marshaling of all our faculties. It is a unifying force. Sometimes we feel like "splinter" people, lonely and alone. We cannot read our direction right. But prayer orients us. It unifies us with ourselves and makes us whole. It unifies us with life and makes us alive. It unifies us with God.

Prayer is not for the purpose of changing things but of changing us. It is not to make the Infinite conform to our will but to help us to understand

and conform to the will of the Infinite. Shall I change the sea by shouting or the wind by wailing? Yet when I was a child I dug a hole in the sand; and even as I dug, the sea welled into the hole and filled it full. When I pray I dig down through the sands of self, so that the sea of God may fill me full.

I do not pray to change God. How would I change the wholly good? The breeze of God blows steady all the time; I pray so that I may avail myself of it.

It is not God but I who need to change. This is why I use affirmative prayer.

At the center of things there is a harmonious will. This will is life; this will is joy; this will is order; this will is love. Affirmative prayer harmonizes us with this central will of being.

This is affirmative prayer—to know in the face of sickness that underneath are the everlasting arms of wholeness and in the truest part of us we are inseparably one with life; to be able to hear through the discords of daily living the music of immortal love and to strike its chords from the key of our own being; to be able to look at lack, yet to drink deep from unseen wells of plenty. It is the ability to see the facts and flaws, yet know that they are not reality.

True prayer is the apprehension of the change-

less Truth, which abides at the heart of the change-ful world, the Truth of life and joy and order and love, the Truth of God.

For myself, I have not found the meaning and value of prayer to lie so much in the answer to prayer as in the prayer itself. For prayer is a way of life as well as a way of facing life. It is an end as well as a means. It is a spiritual experience.

Prayer is the way of walking with God instead of walking alone. Those who have a habit of prayer are never far from God, even though at times they may lose sight of Him.

Because they have the habit of prayer, they often find things changed by their prayers. But even when things do not change they have a sense that all is well. For they have a sense of a sustaining presence—at the heart of things, compassion!

Though they may not understand why some things occur, they know that God is there. Therefore, nothing that occurs can be meaningless. They and their lives are meaningful.

So they can accept their lives and themselves, striving to change what they feel is good to change, but accepting what they cannot change, in the faith that behind all the events of life God is working out His pattern of divinity.

To those who pray, prayer is life itself!

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph WUX, Kansas City, Missouri, or telephone at Baltimore 4720, Kansas City, Missouri, or by letter at Silent Unity, Lee's Summit, Missouri.

TO HELP SPEED YOUR CHRISTMAS UNITY LITERATURE ORDERS:

1. Mail your order NOW. (During the busy Christmas season several weeks are required for an order to be filled and reach its destination.)
2. Give the COMPLETE NAME AND ADDRESS of EACH person to whom you wish literature sent.
3. Be sure to NAME THE MAGAZINE OR BOOK you wish sent to each person.

By following these suggestions and blessing each order you send you will be assuring delivery of your gift just before Christmas. THANK YOU.

Class Thoughts

Used daily by Silent Unity

PEACE

In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS

Through the Christ Mind you are unified in thought, purpose, and understanding and inspired to right action for the good of all mankind.

ILLUMINATION

(11 a.m.)

Through faith my spiritual sight is quickened, and I give thanks for new understanding.

PROSPERITY

(12 noon)

I rejoice and give thanks for the outpouring of plenty in all my affairs.

HEALING

(9 p.m.)

My faith looks up to Thee, O God, for that abundant life and health which endure, and I am thankful.

NOVEMBER 1

Monday

TODAY I GIVE THANKS FOR PATIENCE AND SELF-CONTROL AND FOR A LOVING HEART.

WE ARE never justified in becoming cross and irritable because someone else acts this way. The way of love is the way of patience and self-control.

No matter what another person says or does, we can remain poised; we can remain loving; we can remain patient.

We may not find it easy to do this, but every effort we make in this direction will help us to become more established in a loving, poised spirit.

We know how feelings of irritation and resentment affect us mentally, emotionally, even physically. But these feelings are powerless to affect us when we refuse to let them stay in our minds and hearts.

The best way to get rid of unwanted feelings is to replace them with a wanted feeling. This is where prayer and silence are essential, for as we still our thoughts and feelings and think about and meditate on the love of God, we rise in consciousness and gain patience and self-control.

✿ *In your knowledge self-control; and in your self-control patience.*—II PET. 1:6.

Tuesday

NOVEMBER 2

TODAY I GIVE THANKS FOR EVERY OPPORTUNITY THAT COMES TO ME TO LEARN, TO GROW, TO PROGRESS.

I DO not fear or resist change. I give thanks that every change in my life or affairs offers me opportunity to learn, to grow, to progress. I am not bound by habit. I welcome new ideas; I welcome new ways of living; I welcome new places, new patterns, new persons.

No matter how comfortable or settled I may feel in a certain way of life, I will not allow myself to feel that it is the only way, that I cannot be happy in any other circumstances, in any other place, with any other persons.

I give thanks today for all the blessings that are mine now, for all the joys that are mine in the place where I am now; and I give thanks for the realization that God is with me, that His Spirit is in me, that His good plans and purposes are being fulfilled through me.

I am willing to grow, to unfold, to change. I now release any thought of limitation. I think of myself as a spiritual being, sent forth from God. He is directing me; He is perfecting me.

☛ *All things work together for good.*—ROM. 8:28.

TODAY I GIVE THANKS THAT:

"I'M HEALED, PRAISE GOD, I'M HEALED,
THROUGH JESUS CHRIST I'M HEALED;
THROUGH GOD, THE EVERLASTING GOOD,
I'M HEALED, PRAISE GOD, I'M HEALED."

THE LIFE, the power, the energy of God fill me now. Healing peace infolds me; healing love comforts me; healing power strengthens me.

"I'm healed, praise God, I'm healed."

I think about the healing power of Jesus Christ. I remember His words, "With God all things are possible." I feel His loving presence. I hear Him saying to me, "Be of good cheer." "Thy faith hath made thee whole."

"Through Jesus Christ I'm healed."

I know that there is no condition beyond God's power to heal. I know that I am His child, that His Spirit is in me, that His life is in me. I relax and rest in the assurance that I am in the midst of God's life now, this very moment. I give thanks for healing.

"Through God, the everlasting Good,
I'm healed, praise God, I'm healed."

✿ *Thy faith hath made thee whole.*—LUKE 18:42.

Thursday

NOVEMBER 4

TODAY I GIVE THANKS FOR THE JUSTICE OF GOD. I EXPECT AND RECEIVE JUSTICE.

SOMETIMES it is good for us to look at ourselves and our attitudes toward life and toward others. Without consciously realizing it we may be allowing ourselves to be suspicious of others and their motives. We may be placing the emphasis of our thought on injustice instead of living and acting as though we have a firm and unshakable belief in the justice of God.

If we expect and believe that it is our right to receive justice, then we must follow through in our everyday living.

Our belief in justice must not stop with ourselves but must include others. We need to have faith in the inherent goodness of our fellow men, and we need to act on this faith. We do this by giving others the benefit of the doubt when a situation appears unjust. We do this by having faith in the spiritual integrity of others, by having faith in the divine law of justice, which supersedes man's ideas of what is right and just.

♣ *What doeth Jehovah require of thee, but to do justly, and to love kindness, and walk humbly with thy God?*
—MICAH 6:8.

TODAY I GIVE THANKS THAT I AM A RADIATING CENTER OF DIVINE LOVE, MIGHTY TO ATTRACT MY GOOD AND TO RADIATE GOOD TO OTHERS.

I AM a radiating center of divine love. Love fills my being; love radiates from me. I am love in expression.

Love lights my mind, love lifts my heart, love heals my body, love fills my life. Love makes me divinely irresistible. Love is a magnet that draws all good, all blessings to me. I radiate love. Wherever I go, whatever I do, I carry a blessing; for love is "a lamp unto my feet, and light unto my path."

I love all of God's children. I see in them His wonderful Spirit. I have faith in them. I bless and encourage all who come into my life.

The radiance of divine love shines in me, for me, and through me to bless my world and all persons in my world.

I am a radiating center of divine love, mighty to attract my good and to radiate good to others.

✿ *This is my commandment, that ye love one another, even as I have loved you. . . . Ye are my friends.*—JOHN 15:12, 14.

TODAY I GIVE THANKS THAT IT IS EASY FOR ME TO MAKE DECISIONS, FOR I HAVE GOD'S WISE AND LOVING SPIRIT WITHIN ME.

EVERY day all of us have decisions to make. They may be small decisions, but still they consume time, thought, and energy if we find ourselves unable to make up our minds.

Let us take the thought that it is easy for us to make decisions, for we have God's wise and loving Spirit within us.

Let us affirm wisdom and good judgment for ourselves and then act on the leading that comes to us. Many times a person will have a clear leading, but he hesitates to act on it; he wavers and delays and wonders if it is really the right thing to do.

We will find that as we use our powers for decision and judgment, as we act on the leadings that come to us our ability to meet and handle the issues of our lives will increase. The small, everyday decisions and the big decisions that sometimes come to us will not keep us tense and worried. We shall resolve them promptly, wisely, and lovingly.

☛ *If any of you lacketh wisdom, let him ask of God.*
—JAS. 1:5.

NOVEMBER 7

Sunday

TODAY I GIVE THANKS THAT THROUGH FAITH I KNOW THAT I AM A SON OF GOD, A FOLLOWER OF CHRIST.

TODAY I let go of doubts and believe! The Christ within me knows God. The Christ within floods my whole being with faith—radiant, joyous faith. Faith is a natural state; lack of faith is an unnatural state. And so, when I let my faith, the real faith that has always lain deep within me, take over I feel that I have indeed come home to my rightful state of being.

In stillness I simply let faith take over every part of my life. Faith leaves no room for mental meandering. Faith leaves no loophole for depression to enter in. Faith quickens the life in every cell of my body. Faith transforms my every human relation and puts the material things of my life into their proper perspective.

God knows my needs, and when my faith comes soaring up then God is first in my life, and He fills my needs in abundance and perfection.

I have faith, all the faith I need, singing in my mind and heart as I go to meet my good.

✿ *For ye are all sons of God, through faith, in Christ Jesus.*—GAL. 3:26.

Monday

NOVEMBER 8

TODAY I GIVE THANKS FOR A NEW DAY AND
FOR THE GOOD IN STORE FOR ME.

REGARDLESS of yesterday's experiences or disappointments, today is a new day, filled with new blessings and new joys. Through the power of Christ in me I am able to let go of all thought of unhappiness, doubt, or discouragement and look forward to new joys at hand for me.

I know that my attitude of mind determines the kind of day I experience. I will begin my day expecting the best possible of days. I will remember that God's love is mighty to make right every situation and to shape every circumstance into good.

Even though change may take place in my life and in the world about me, I know that God's good will always triumph, that His love is ever seeking new ways to bless me.

Today is a new day, and I look forward to the good it holds for me. I expect to be blessed today; I expect to be a blessing to others today.

*This is the day which Jehovah hath made;
We will rejoice and be glad in it.*

—PSALMS 118:24.

TODAY I GIVE THANKS THAT I AM INTUITIVELY AWARE OF THE FEELINGS AND NEEDS OF OTHERS.

SOMETIMES we are so filled with our own thoughts that we are not even aware of the persons about us other than as someone to listen to us or to contribute in some way to our comfort or well-being.

When we are self-absorbed and self-centered we begin to feel out of step with others and set apart from them. We may even feel self-pity because others go their own way without paying much attention to us.

But if, like Solomon, we pray for an understanding heart, we will find ourselves becoming more aware of the needs and feelings of others. We will find ourselves becoming more interested in others, less self-centered, less absorbed in our own thoughts, our own ideas.

We will begin to think about others in a new light; we will become more intuitively aware of their real needs; we will be led to say and do things that increase the joy of those about us.

✽ *Give thy servant therefore an understanding heart.*
—I KINGS 3:9.

Wednesday

NOVEMBER 10

TODAY I GIVE THANKS FOR THE VITALIZING SPIRIT OF CHRIST IN ME, AND I AM WONDERFULLY REFRESHED IN MIND AND BODY.

THE SPIRIT of Christ in me is a quickening Spirit. His presence in me is an inexhaustible source of vitality and strength. Whenever I rest my attention on His presence within me, I make instant contact with His radiant reservoirs of healing life, and vitalizing energies stream refreshingly throughout my entire being.

If a sense of weariness seems to weigh heavily upon me, I relax and joyously declare, "Christ is my strength." His Spirit frees me from tense thoughts and lifts my feelings into heights of joyous buoyancy and light.

Christ ever breathes new powers into my mind and body. He gives lightness to my step, second wind for my endeavors, and wings of song and gladness to my heart. Through Him I mount up with wings as eagles; I run and am not weary; I walk and I never faint. I am alive, alight, and aglow with Christ.

✿ *They that wait upon the LORD shall renew their strength.—ISA. 40:31 (A.V.).*

NOVEMBER 11

Thursday

TODAY I GIVE THANKS FOR A NEW BIRTH OF
FREEDOM FOR ALL PEOPLES.

ON THIS day it is good to recall the words
of Lincoln's Gettysburg Address:

"It is rather for us to be here dedicated
to the great task remaining before us . . . That
this nation, under God, shall have a new birth
of freedom—and that government of the people,
by the people, for the people, shall not perish
from the earth."

November 11 is a day of rededication to high
purposes, a day of rededication to the pursuit of
peace, a day of rededication to the principles of
Truth and liberty and justice for all.

So on this day we rededicate ourselves to the
great task remaining before us of bringing peace
into manifestation in all the world, of establish-
ing God's principles of liberty, justice, and right-
eousness in all the earth.

We pray on this day, as Lincoln prayed in No-
vember 1863, that "this nation, under God, shall
have a new birth of freedom," and we extend this
prayer to include every nation, every people.

☛ *The government shall be upon his shoulder.—ISA.
9:6.*

TODAY I GIVE THANKS AND PUT GOD FIRST.
ALL THE AFFAIRS OF MY LIFE FALL INTO DI-
VINE ORDER.

WHEN there are many things to be done, many interests that clamor for attention, it sometimes seems difficult to choose which things are best to do, and what to do first.

At times such as these it is helpful to remember that divine order established in our minds brings about the best and easiest way to get things done. But how can we establish divine order in our minds? In the same way that all good things are established in mind—through prayer.

Through prayer we bring ourselves close to God and receive His direction. God always reveals a better and easier way to do the things that need to be done. Through prayer we receive greater strength and spiritual power, which give us added ability and capacity. Through prayer we attract to ourselves the help we need with the tasks that can be allotted to others. When we go first to God in prayer all the affairs of our lives fall into divine order.

☛ *Seek ye first his kingdom.*—MATT. 6:33.

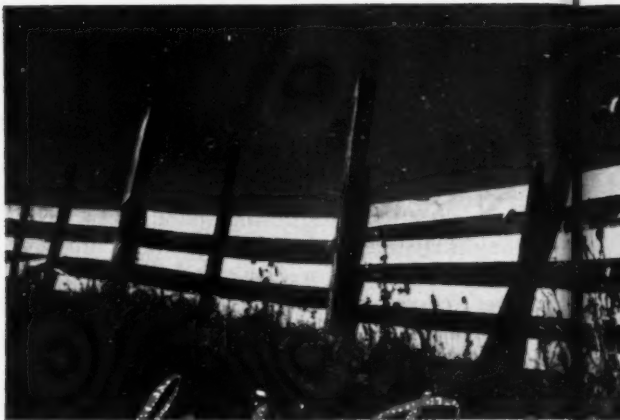
TODAY I GIVE THANKS THAT GOD IS NIGH
UNTO ME.

NO ONE is ever alone. Regardless of how bewildering life may appear when new direction must be found and taken, deep in the heart strength is gathering, and courage is making itself felt; for God's renewing Spirit is forever tirelessly at work.

Remember that God is nigh unto you. Instead of reliving the details of an experience that has disturbed you or made you unhappy, say to yourself: "God is nigh unto me. He is renewing my strength, showing me the direction of my new life." Lean on His loving Spirit. Give yourself so fully over to His Spirit that you are as an open chalice waiting to be filled. Strength will rise within you. Courage will speak to you, saying: "Life is full of meaning. Your life has meaning. No change in direction can alter the satisfactions that are yours as a child of God."

As you accept the strength rising within you and listen to the voice of courage, you will know that the Lord is indeed nigh unto you.

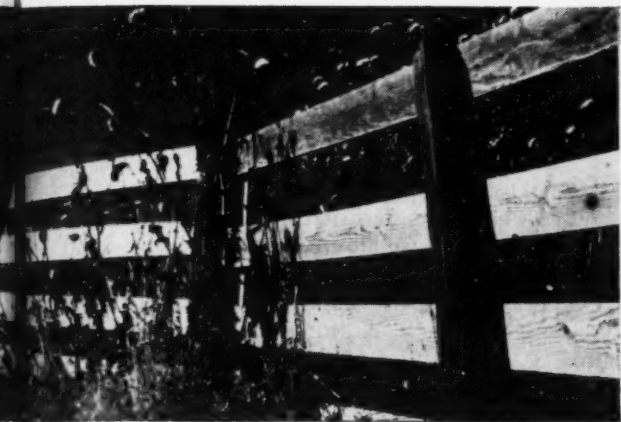
♣ *The LORD is nigh unto them that are of a broken heart.*—PSALMS 34:18 (A.V.).



Living Praise

How shall we praise God best?
By living with a zest,
By living to the full the life God gives;
For every living thing
May sing or may not sing,
But thanks its Maker by the way it lives.

How shall we praise Lord
Must praises be outp
In psalms by morning in h
Let this be our thank
The joy we have in
Lord, we shall praise with



D. J. MANN

And God but asks a man
To be the best he can;
Each has his own part in the scheme to fill;
And not by song alone
May love of God be shown;
Some praise the Lord no less, though they are still.

praise the Lord?
outpour
ing in hymns by night?
thanksgiving;
in his!
praise with our hearts' delight.

Sunday

NOVEMBER 14

TODAY I GIVE THANKS FOR THE ABILITY TO
LIVE IN PEACE AND HARMONY WITH THOSE
AROUND ME.

“**B**LESSED are the peacemakers: for they shall be called sons of God.” In these words of Jesus we are told that God wants His children to live in peace and harmony.

In The Proverbs we read: “A soft answer turneth away wrath . . . A gentle tongue is a tree of life.”

We see how important it is to measure the words we speak. Unkind words can be withheld when self-control is exercised. God has implanted His loving Spirit in our hearts, and we can draw on this Spirit for the poise and understanding we need to speak words that are true.

Discouragement should not block our progress if we fail to attain complete control of our tongue in a moment's time. It takes much living and learning to become a peacemaker, but with patience and diligence we can gain the control we desire. We can create a spirit of harmony by speaking words that are kind, gentle, and pure.

✿ *Blessed are the peacemakers: for they shall be called sons of God.*—MATT. 5:9.

NOVEMBER 15

Monday

TODAY I GIVE THANKS THAT THE CHRIST IN ME IS ETERNALLY UNFOLDING HIS INFINITE PLAN OF PERFECTION THROUGH ME.

MOMENTARILY more and more of the Christ in me is finding greater expression throughout my entire being. With each passing moment the Christ in me is unfolding more and more of infinite perfection through me. Even as the living pattern of the oak tree pushes forth into expression through the acorn, so the living pattern of the Christ in me pushes forth into expression through me.

The wisdom of the Christ in me is momentarily illumining my mind with new ideas. The love of the Christ in me is momentarily filling my heart with greater compassion. The life of the Christ in me is momentarily infusing every cell of my body with more glorious expressions of His life. The divine plan of Christ for me is momentarily revealing newer and more beautiful dimensions of living for me. With joy I affirm, "I am the ever-unfolding expression of the Christ within."

☛ *I am the vine, ye are the branches; He that abideth in me, and I in him, the same beareth much fruit.—JOHN 15:5.*

Tuesday

NOVEMBER 16

TODAY I GIVE THANKS THAT IT IS NEVER TOO LATE TO BEGIN TO BE THE KIND OF PERSON I KNOW IN MY HEART I CAN BE.

WE MAY not like the kind of person we are, but we think that it is too late to change, that it is too late to begin to be the kind of person we know in our hearts we can be.

It is never too late. In God's sight years are as nothing; all that has gone before is as nothing. All there is is the eternal now; all that God sees is the perfect self of you, which He created in the beginning.

It is His Spirit in you that whispers, "Change." It is His Spirit in you that makes you feel that you could be more alive, more loving, that your life could be more worth while.

Follow the promptings of the inner Spirit; let go of the old beliefs that have limited you. Break the patterns of thought and action that have left you dissatisfied with yourself and your life.

There is no better time than now to begin to be the person you were meant to be. It is not too late to begin again.

✿ *Awake, thou that sleepest.*—EPH. 5:14.

NOVEMBER 17

Wednesday

TODAY I GIVE THANKS THAT GOD IS ABLE
TO HEAL ANY AND ALL CONDITIONS.

DO YOU know that there is no condition that is beyond God's power to heal? If you have thought of some condition as incurable, say to yourself right now: "This is not incurable! God is able to heal any and all conditions!"

Do you remember how Jesus Christ healed? He did not ever say, "I can do nothing for you." His response was always immediate and positive. "Stretch forth thy hand." "Take up thy bed, and walk."

And we have the power to call forth healing in His name. Have you ever tried saying in the face of some injury or disease, "In the name of Jesus Christ, you are healed"? There is power in the name of Jesus Christ; there is power in our spoken word of faith. But the power must be called forth; it must be set into action.

If you need healing, pray in the name and through the power of Jesus Christ, and healing will be accomplished.

✻ *Whatsoever ye shall ask in my name, that will I do.*
—JOHN 14:13.

Thursday

NOVEMBER 18

TODAY I GIVE THANKS FOR EVERY EXPERIENCE IN MY LIFE.

I AM grateful for every experience in my life, for I see in each one opportunity to grow stronger in spiritual understanding. In every experience I look for some lesson to be learned, and I know that as I persist in looking it will be revealed. No experience is evil in itself; nor does it have within itself any power whatever to hurt me. It is always my reaction that determines whether I will be blessed or not.

If, when any situation arises, I see it as an enemy and begin to resist and struggle and complain, then I will be hurt—not by the situation itself, but by my own vigorous protest.

However, if in the face of challenging experience I immediately declare, "I am grateful for this experience, for I know there is a lesson in it for me," my nonresistance will act as a protection, and I will learn my lesson and not be hurt in the process.

Today I give thanks for every experience in my life, and see the good in it.

♣ *Agree with thine adversary quickly, while thou art with him in the way.*—MATT. 5:25.

NOVEMBER 19

Friday

TODAY I GIVE THANKS THAT GOD'S SPIRIT IS LEADING ME INTO MY OWN RIGHT PLACE.

WHEN WE look at the place where we are, measuring it against our aspirations, we may feel that we are not in our right place. It may be true that we are not using our capacities sufficiently and therefore feel a dissatisfaction.

A right place is earned, not given. We emerge into our own place, the place where we feel in harmony with ourselves and our world, by developing ourselves, by enlarging our knowledge, by perfecting the skills that make us efficient and dependable, by becoming understanding, helpful persons. A life is developed from within outward. And no person or set of circumstances can deny us the personal progress that is the fruit of this inner development.

God has given each person the key to his own right place. The key is his own mind and heart. As the powers that are latent there are called forth through prayer and faith, he discovers the open door to life that God has set before him.

♣ *I have set before thee a door opened, which none can shut.*—REV. 3:8.

TODAY I GIVE THANKS THAT GOD'S HARMONIZING SPIRIT IS EXPRESSING ITSELF THROUGH ME TOWARD ALL PERSONS AND ALL SITUATIONS.

MANY of us stand in the way of our own happiness because we have not learned to make adjustments to conditions that are not ideal. We continue to wait for our happiness until conditions change or until other persons conduct themselves more in keeping with our ideals and standards.

While it is important to have ideals and standards, it is important, too, to learn not to resent others because they do not conform to our ideals and standards.

In living happily and peaceably with others there are always adjustments to make. We need to develop flexibility enough to fit ourselves co-operatively into life as we find it. This does not mean that we condone or agree with everything we see, but it does mean that we express a spirit of co-operation and understanding rather than a spirit of criticism or resistance.

✿ *Let us not therefore judge one another any more.*
—ROM. 14:13.

TODAY I GIVE THANKS FOR THE ABUNDANT HARVEST OF GOOD IN MY OWN LIFE AND FOR THE BOUNTEOUS HARVEST OF THE LAND.

As I look back into the past, I see that I have truly progressed in spiritual understanding. Blessings have filled my life, blessings that I have almost come to take for granted. Today I count them over and give thanks for each one. I give thanks for health and strength, for joy and peace, for the guidance that has led my feet into paths of plenty. I give thanks for increased knowledge of Truth and the rich personal harvest it has brought me.

I look about at the fruitful land and give thanks for the abundance I see on every side. Shocks of corn and golden pumpkins; the orchard's red and yellow bounty; all good things has the fruitful earth supplied. And all are God's.

This is thanksgiving time, and my heart sings with thanks for all God's goodness. My personal harvest lies rich within my heart; the harvest on the land reflects abundance over all the earth. For both, I give my thanks.

♣ *The LORD shall give that which is good.*—PSALMS 85:12 (A.V.).

Monday

NOVEMBER 22

TODAY I GIVE THANKS THAT I AM FREE FROM ALL RESENTMENT AND HURT FEELINGS. I ACCEPT THE PEACE AND LOVE OF GOD INTO MY HEART AND LIFE NOW.

GOD heals not only the ills of the body but the hurts of the heart. I acknowledge His healing love, which is in my heart at this very moment cleansing and removing all sense of injury or hurt and making my heart whole now.

In order to help God to help me, I cease to cherish any hurt feelings. Should I be reminded of an unpleasant experience, I tell myself, "This has been the cause of enough suffering. I no longer give it place in my life and my thinking. The forgiving love of God sets me and all concerned free from this experience and from the memory of it." I then fill my mind with the glad, good things that are a part of my life. I think of the pleasant things and the satisfying achievements I have known. I turn my heart to praise and thanksgiving.

The love of God is at work in my life, and my mind and heart are established in peace.

♣ *He hath delivered me out of all trouble.*—PSALMS 54:7.

NOVEMBER 23

Tuesday

TODAY I GIVE THANKS THAT THE LIVING CHRIST IN ME IS BREATHING FORTH HIS SPIRIT OF ETERNAL YOUTH AND BEAUTY IN AND THROUGH MY MIND AND BODY.

I LET the youth and beauty of Christ express themselves through me. I let His beautiful consciousness abide in me. I do this by developing the habit of beautiful and joyous thinking. I look for the bright side of every event. I do everything that comes to my hands in the most beautiful way I know. I constantly endeavor to keep my speech positive and constructive, to keep my face radiant with a beautiful expression, and to move with grace, ease, and poise.

When thoughts of age tempt me to feel that I must act and look old I will remember that Christ lives in me—the ever-renewing Christ, the beauty-giving Christ, the youth-giving Christ.

I give thanks now that the living Christ in me is breathing forth His Spirit of eternal youth and beauty in and through my mind and body.

New and lovely ways of life are revealed to me.

✿ *Let the beauty of the LORD our God be upon us; and establish thou the work of our hands upon us.*—PSALMS 90:17 (A.V.).

Wednesday

NOVEMBER 24

TODAY I GIVE THANKS THAT I HAVE PEACE.

“**P**EACE I have most full and free,
Peace from simply trusting Thee.”

Let us begin our day peaceful, relaxed, filled with trust in God.

“Joy serene I hold all day,
When I follow Christ, the Way.”

Joy, serenity, these are ours as we are loving, kind, wise, and forgiving, when we follow the Christ way of living, thinking, and acting.

“Satisfaction full, complete,
Fills me with its fragrance sweet.”

Trusting God, being peaceful and joyous brings satisfaction. Human yearning is fulfilled, and our needs are met when we trust everything to God and keep our minds filled to overflowing with love.

“Health of body and of mind
In the living Christ I find.”

The living Christ, the perfect One who lives in each of us, is our health of body and of mind. When we find the living Christ within ourselves we find the way of health, the way of life.

✿ *For God is not a God of confusion, but of peace.*
—I COR. 14:33.

NOVEMBER 25

Thursday

TODAY I GIVE THANKS TO GOD FOR MY COUNTRY AND ALL THE BLESSINGS THAT ARE MINE.

THIS day I offer my thanks to God for my country and the blessings that are mine. I am grateful to those Pilgrim feet,
 "Whose stern, impassioned stress
 A thoroughfare for freedom beat
 Across the wilderness."

I am grateful to those who followed after with vision large enough to prepare government, education, industry, whose benefits are mine as a citizen. I am thankful that God's intelligence works in me to guide me in daily living, so that I may prove myself worthy of my citizenship in God's kingdom and the earthly country where I claim citizenship. I make practical application of my gratitude through co-operation with others at home, at work, at play; through appreciation that "this is my Father's world"; through consideration for the rights of others.

I find that the more I bless and appreciate my own country, the more I appreciate all other countries and peoples.

♣ *Righteousness exalteth a nation.*—PROV. 14:34.

Friday

NOVEMBER 26

TODAY I GIVE THANKS THAT THROUGH THE INDWELLING CHRIST I MEET EVERY EXPERIENCE IN LIFE VICTORIOUSLY.

THE one reliable source of power that can be depended on to bring assurance, peace, and victory is that of the Christ indwelling.

Whether we realize it or not, God's power for good is forever with us; it can be drawn upon at any time.

We energize ourselves in the silence; in the silence we lay hold of new power. From the Christ within we draw physical power that gives us health. From the Christ we draw mental power that enables us to think through every problem with unerring wisdom and judgment. From the Christ we draw spiritual power that lifts us up, that illumines our entire being.

To be conscious of the indwelling Christ is to be in possession of perfect, never-failing power at all times.

Through the power of the indwelling Christ we are able to meet every experience in life victoriously.

☛ *But ye shall receive power, when the Holy Spirit is come upon you.—ACTS 1:8.*

NOVEMBER 27

Saturday

TODAY I GIVE THANKS FOR A TOLERANT,
UNDERSTANDING SPIRIT.

I RESPECT the right of every individual to walk in the path of life that makes him happiest. Even as I like freedom to think and do as it seems right to me so do I give all mankind the same privilege. I do not need to agree with another's conduct or philosophy, but neither have I the right to condemn nor interfere.

God allows every person to travel along the particular road of life that best suits his individual growth and development. I have been placed upon the path that best suits me. My job is to follow my own path to the best of my ability, and at the same time to respect and bless the other person who may be walking in a way that is completely opposite to my own.

Every religion, every political belief, every way of life contains something of good for the one who finds satisfaction in it, so I rejoice in the freedom of all.

I respect the right of every individual to walk in the path of his choice.

✱ *So we, who are many, are one body in Christ, and severally members one of another.—ROM. 12:5.*

Sunday

NOVEMBER 28

TODAY I GIVE THANKS THAT I AM FREE FROM
FEAR AND WORRY. I PLACE ALL MY AFFAIRS
IN GOD'S CARE.

IF YOU are fearful and worried about world conditions, or if you are concerned with your personal affairs, you can find peace of mind through placing your affairs in God's care.

Jesus Himself said, "I can of myself do nothing." "The Father abiding in me doeth his works."

You will be surprised how quickly fear and worry leave your mind when you depend on God instead of your own human strength.

No matter what you must meet or how great life's challenges may be, nothing can withstand the perfect solution of God when you declare your oneness with Him.

New light is kindled in your mind; new joy fills your heart; new peace floods your entire being as you keep your mind on God, as you place your affairs in His loving care.

You are following Jesus and His teachings when you rely utterly on the power of the Father indwelling.

✿ *The Father is in me, and I in the Father.*—JOHN 10:38.

I TURN WITHIN TO THE INDWELLING CHRIST
AND RECEIVE THE GUIDANCE I NEED.

SOMETIMES when something we have been working toward does not come into manifestation it is well to stop and view the situation in the light of understanding. We may find it helpful to ask ourselves these questions: Is this desire really as important as I have led myself to believe? Is this desire for my highest good? Will this desire help me to live a life of happiness and satisfaction?

If the answers to these questions justify further pursuit of our goal, then new ideas and new strength will come to us as we press forward to attain this goal.

However, if the answers to these questions do not justify further pursuit of our goal, our part is to turn to God in prayer and seek the guidance we need to turn our energies into some other channel that will bring rich and rewarding results.

The ability to recognize true spiritual guidance comes from keeping close to God in prayer. He instructs us and teaches us.

✽ *I will instruct thee and teach thee in the way which thou shalt go.*—PSALMS 32:8.

TODAY I GIVE THANKS FOR THE ACCOMPLISHING SPIRIT WITHIN ME AND RELAX IN FAITH AND CONFIDENCE.

NO GOOD purpose is ever served by worry and tension. We may feel that by keeping our attention upon something that bothers us we will be able to handle it more capably. But this is not so. The more we think about the challenging aspects of a situation, the more tense we become. It is when we give our attention to the accomplishing Spirit within us that our nerves relax and peace comes to us. It is when we give our attention to the positive aspects of life that we know deep and abiding relaxation and confidence.

In order to be of the most help to ourselves and to others, we must learn to relax, to weigh situations, to ascertain what we can do to be helpful, and then to rely on God's just and fulfilling love. We shall be free from all sense of anxiety or tension because our faith is established in God.

Today let us keep our minds stayed in God, who is our perfect place.

☛ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

This Month IN UNITY



A Book Everyone Likes

For the beginner, reading *The Household of Faith* is the simplest way to discover not only the basic ideas of Truth but the very heart of the teaching. For the advanced student, *The Household of Faith* offers the most complete picture of the Unity movement that has ever been presented. It contains facts that have never been printed before. For anyone, Truth student or not, *The Household of Faith* tells a warm and fascinating story of two extraordinary people, Charles and Myrtle Fillmore, who were loved not only as spiritual leaders but as genuine human beings. No one can read this book without being stirred and lifted up to new heights of faith and courage. The book also contains a number of selected articles by Charles Fillmore and full-color photographs of Unity Village and its beautiful surroundings. Order a copy today for some special friend. *The Household of Faith*, bound in rich brown, is \$5.



For Your Christmas Singing

One of the most enjoyable parts of Christmas is gathering friends and family around the piano and singing Christmas carols. The book *Unity Song Selections* is a hymnbook that contains the words and music for almost all the familiar carols that we know and love. It also includes music for Thanksgiving, Easter, patriotic holidays, and many other special occasions. There are 309 hymns in all, and the book is bound in long-wearing green Keratol. *Unity Song Selections* is priced at \$1 a copy and may be ordered from your local Unity center or direct from Unity headquarters.

Lord's Prayer Record

Here is a gift your friends will really appreciate



—“The Lord’s Prayer” as recorded by Charles Fillmore, co-founder of Unity. The reverse side features an organ solo, “God Bless You Everyone,” which is used as theme music in the “Unity Viewpoint,” radio program. The record is made of unbreakable Vinylite; it plays at 78 r.p.m.; and it is priced at only \$1.50. Order one for your own record library, too.

Unity BOOKS FOR CHILDREN

\$1 EACH

READ-ALOUD BOOKS

Written by Georgia Tucker Smith.
Rhymed prose with many illustrations. Large size. \$1 each.

Crybaby Kangaroo
Barky and His Friends
Barky's New Home
(new this year)

BOOKS OF PIONEER STORIES

Illustrated with pen-and-ink drawings. Written by Bula Hahn. \$1 each.

Jet's Adventures
Jet and the New Country
Jet's Choice

A BOOK ABOUT THE SPARTAN CLUB

Written by Lawrent Lee. Illustrated with silhouette drawings. \$1.

Adventures of the Seven Spartans

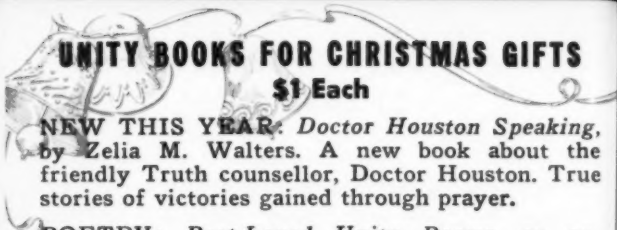
BOOKS ABOUT PRAYER

By Bill and Bernard Martin. Large size. Pictures in full color. \$1 each.

Thank You, God
Teach Me to Pray

UNITY SCHOOL OF CHRISTIANITY
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UNITY BOOKS FOR CHRISTMAS GIFTS

\$1 Each

NEW THIS YEAR: *Doctor Houston Speaking*, by Zelia M. Walters. A new book about the friendly Truth counsellor, Doctor Houston. True stories of victories gained through prayer.

POETRY: *Best-Loved Unity Poems*, an anthology. Favorite poems from Unity literature; 181 poems by 111 authors.

SELF-IMPROVEMENT: *Peace Begins at Home*, by Clara Beranger. Rich ideas to help the reader establish harmony and peace in his life.

PRAYER: *Effectual Prayer*, by Frances W. Foulks. A dependable guide; twenty-eight meditations and an explanation of prayer.

LIVING TODAY: *Favorite Unity Radio Talks*, a collection. Some of the most popular scripts used on the "Unity Viewpoint" radio program.

HAPPINESS: *God Is the Answer*, by Dana Gatlin. Articles that have proved most useful in demonstrating health, prosperity, and joy.

BIOGRAPHY. *The Story of Unity*, by James Dillet Freeman. Complete story of Charles and Myrtle Fillmore and the Unity movement. (A 225-page abridged edition of the deluxe \$5 book, *The Household of Faith*.)

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WEE WISDOM. A fascinating, fully-illustrated magazine for children, designed to bring boys and girls a better understanding of God working in their lives while it entertains. Published monthly, \$2 a year.

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Lovingly in the Hands of the Father
Myrtle Fillmore's Healing Letters
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The Story of Unity
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Barky's New Home
Barky and His Friends
Crybaby Kangaroo
Jet's Adventures
Jet and the New Country
Jet's Choice
Teach Me to Pray
Thank You, God

Announcing

A NEW UNITY GREETING BOOKLET

The new Unity Greeting Booklet called *Merry Christmas to You* will convey to your friends in the warmest way all the good wishes you want to send them at the Christmas season. It contains several articles by Ernest C. Wilson plus poems by various authors, all in the true Christmas spirit. Its cover bears a lovely, full-color photograph of children carolers. Other greeting booklets for Christmas giving are:



The Challenge of the Dawn	God Is Blessing You Now
Christmas Blessing	Holy Bread
The Christmas Spirit	I Wish You Merry Christmas
The Gift Imperishable	Life Is Consciousness
God Bless Your Christmas	The Mental Equivalent
The Week Before Christmas	

Pocket size and printed on fine paper, each colorful Unity Greeting Booklet comes with a Christmas mailing envelope. They are sent direct to you so that you may personally address and mail them to your friends. The booklets are priced at 10 cents each; 12 assorted (your selection or ours) for \$1.

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*When Corn Is Golden
in the Shock*

R. H. GRENVILLE

When corn is golden in the shock
And trees put on their vivid dress;
When every pebble, leaf, and rock
Assumes a mellow loveliness,
The heart is moved with gratitude;
Is warmed, like these wide-spreading lands,
Toward the Giver of such good,
Who gave this wealth into our hands.

The trees wear glory like great kings;
The humblest house is roofed with gold.
The air is full of gentle wings,
And shimmering country roads unfold
Like paths of light. So, too, the heart
That sees the clear, blue day advance,
Harmonious in every part,
Is clothed with its own radiance.

